



# Tucson Community Supported Agriculture

Newsletter 583 ~ April 10, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring 2017

### Harvest lists are online

#### THE BACK PAGE

- Roasted Beet and Fennel Salad
- Bravo Radish Kimchi
- Fennel Parmesan
- Rice Pilaf with Dill
- Beans & Greens Soup

Many more recipes on our website



HAPPY EASTER!

### Lamb Shares

Josh's grass-fed, grass-finished lamb shares are ready for pickup.

### Call For Bags

Once again we ask if you could bring your saved used grocery bags for our "I-Forgot-My-Bag" chest, because we are very low. Please, standard paper or plastic "clean" bags only. Thank you very much!



Note: we also take back cardboard egg cartons, and the green plastic fruit basket you sometimes find in your shares. The latter can be re-used time and time again.



## Frisly Fronds of Fennel

For me, fennel conjures up the Mediterranean and exotic French and Italian salads. I never came across them growing up, so it took some getting used to when I started getting them in my CSA haul. Now I look forward to that fresh, licorice taste it lends to a dish.

One thing I never really associated with fennel was nutrition. Sure, it's a vegetable, so it must be somewhat good for you, right? Turns out it's WAY good for you - and your digestive system! Although many raw veggies can be a lot for your stomach to chew on, fennel seeds and bulbs can help relax your stomach and intestinal muscles and have been used in many ancient cultures to relieve gas and reduce bloating. Another incredibly healthy side effect of enjoying fennel - it can help stave off colon cancer. Fennel contains a phytonutrient compound called *anethole* which studies have shown to be anti-inflammation and anti-cancerous in the digestive tract. Not only does fennel prevent certain issues, it also nourishes your cells with high amounts of Vitamin C, folate and potassium.



Since ancient days, fennel has been enjoyed sautéed with onions, raw and sliced thinly for salads, braised and served with fish and their frilly dill-like fronds make a healthy and licorice-like garnish.

## Beets To Dye With

Beets are back in rotation and none too soon! These red jewels fresh from the farm that outshine their canned and gelatinous counterparts that some of us grew up with (shudder). Their deep, red color are a prime indicator of a unique phytonutrient called betalain which is linked to antioxidant, anti-inflammatory and has even been shown to inhibit the growth of tumor cells in labs. But let's face it, the real reason we're excited is they taste so good! Whether steamed (which retains more nutrients) or roasted (which caramelizes their sugars), beets have an inherent sweetness and succulence for a root vegetable that can't be beat (pun completely intended).



But you can do more with beets than just eat them! Beets are also historically known for their value as a dye - to which anyone who has chopped a beet can attest! And with the Easter season coming up, did you know you can dye eggs with beets? Here's the deets for a completely natural red dye (from the [www.serious-eats.com](http://www.serious-eats.com) site, where you can find out how to create other natural dye colors for your eggs such as yellow with turmeric and blue with red cabbage):

"Take 1 to 2 beets (about 3/4 pound) and roughly chop it. Combine it with 1 quart water, 1 tablespoon vinegar, and 1 tablespoon salt in a saucepan. Bring to a boil, then cover and simmer for 30 minutes. Strain, reserving the liquid for dyeing. Soak eggs in the liquid until desired color intensity is acquired."

## Roasted Beet and Fennel Salad

2 large or 4 smaller beets  
1 fennel bulb, thinly sliced  
2 teaspoons oil  
2 teaspoons lemon juice or red wine vinegar  
salt and pepper to taste  
¼ teaspoon ground cumin, if desired  
¼ cup feta cheese

Preheat the oven to 375°F. Cut the stem and tip ends off of the beets. Scrub well and wrap in aluminum foil. Place in the oven and roast for 45 minutes. Remove and let cool. While beets are cooking prep the fennel. Remove the leafy ends from the fennel and any stalk that appear too tough. Slice very thinly. Toss fennel with oil, vinegar, salt, pepper and cumin. When beets are cool enough to handle the skins will slip off easily. After they are skinned, cut into ½-inch cubes. Mix the marinated fennel together with the beets, taste for seasoning and add more salt if needed. Chill well.

## Bravo Daikon Radish Kimchi

Sara Jones, Tucson CSA



This makes an excellent side dish served with rice. Since Daikon radishes stimulate the digestion, this kimchi would also be good served with deep fried foods or fatty cuts of meat. It will keep well in the refrigerator after the initial preparation. You can eat it as a

fresh kimchi, or let it age on the counter for a week or so before eating.

1 bunch large Daikon radishes, greens separated, cleaned and roughly chopped, roots scrubbed clean and diced or sliced  
About 1-2 inches fresh ginger, grated  
4 cloves garlic, minced  
1 + teaspoons of red chile flakes, to taste  
1 teaspoon sugar (optional)  
Salt

Place prepared radish roots and greens into a bowl and cover with a salt water brine (using about 1 scant tablespoon salt per quart water). Cover and let sit in cool place in kitchen for at least 4 hours or overnight. Drain radishes (reserve about ¼ cup of the brine for fermenting) and taste for salt. They should be fairly salty but if the salt is too strong you can rinse them once or twice. Prepare a spice paste by mashing together garlic, ginger, chile and sugar. Mix radishes together with spice mix, using hands to mix well. For fresh kimchi, put into a jar and refrigerate. Will taste best after sitting for at least one day. For a fermented kimchi, add the reserved brine to the veggie mixture and pack into a jar, making sure there is at least 1/2 “ of liquid covering veggies. Store on the countertop, opening the lid to release pressure once a day. Taste after 5 days or so and transfer to refrigerator or continue fermenting as desired.

## Fennel Parmesan

Philippe, Tucson CSA

2 large or 4 small fennel bulbs, trimmed and quartered  
2 tablespoons olive oil  
Salt and freshly ground black pepper  
1/4 cup grated Parmesan cheese

Cook the fennel in salted water until tender but not limp (8-10 minutes). Drain. Preheat oven to 400°F. Oil an oven dish. Arrange the fennel quarters in the oven dish. Season with salt and black pepper. Sprinkle on the cheese. Bake for 30 min or until cheese is golden brown.

## Rice Pilaf with Dill

Sara Jones, Tucson CSA

With a simple salad, this rice could make an easy meal. It can use up a lot of the dill that we get at the CSA.

1 ½ cups long grain white rice  
2 tablespoons butter or oil  
1 onion, diced  
1 cup dill, chopped  
2 tablespoons capers  
1 large can garbanzo beans, drained  
Juice from 1 lemon  
Salt and pepper to taste

In a medium sauce pan over medium high heat, cook onion in a bit of oil until beginning to brown. Add butter and rice and cook about 3 minutes, stirring frequently, to toast rice. Add lemon juice, dill, beans, salt and pepper and 2 and ¾ cups water to rice. Bring to a boil. Cover rice, reduce heat to low, and cook for 20 minutes. Stir in capers and more salt and pepper and lemon juice to taste.

## Beans & Greens Soup

Gretel Hakanson, Tucson CSA member

2 bunches greens (Swiss chard, kale, beet greens, etc)  
3 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
2 cups cooked beans (teparty, anasazi, navy, etc.)  
3-4 cups chicken or veggie stock  
salt and freshly ground pepper  
Parmesan

Wash greens. Remove any tough stems and chop into bite sized pieces. Heat oil in medium soup pot. Add garlic and sauté until golden. Add greens and sauté until soft (you may have to add them in batches if they don't all fit into your pot). Add beans and stock. Simmer 15 minutes or so. Add salt and pepper to taste, top with freshly grated Parmesan